



Ayurveda Approach To Aartava Kshaya W.S.R. To Oligomenorrhea: A Case Report

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Abstract

In modern era due to sedentary life style and alteration in food habit metabolic disorder increases day by day. Aartava kshaya (□scanty/irregular menses) is one of them. According to Ayurveda texts Aartava Kshaya shows symptoms like delayed, scanty and painful menses. In Ayurveda texts the symptom of PCOS (Polycystic ovarian syndrome) like oligomenorrhea correlated with Aartava Kshaya.

In Ayurveda texts food is considered as Aushadha (medicine) so Kulattha (Horse gram) is taken for treatment of Aartava Kshaya in this clinical study. This is single case study of 22 years female suffering from scanty and delayed irregular menses for 1 year. She had associated complaints of painful menstruation and suffering from hirsutism. Patient's thyroid function was at subclinical level is 3.54 µIU/mL. On the basis of this case study it can be concluded that Ayurveda principle can play a vital role for the effective management of Aartava Kshaya. Since the single case is not enough more rooted study in this is required.

Key Word- Aartava Kshaya, Kulattha, PCOS, Painful menstruation

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INTRODUCTION

Aartava has been considered as an important Updhatu in women¹. It is responsible for the healthy conception and progeny production. It is one of the important components for the ideal and

healthy conception. According to Ayurveda²,

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normal menstruation is the indicator of healthy and normal reproductive organ in which interval is one month and duration of flow 3-5 days (differ according to different Aacharyas).

Oligomenorrhea/ hypomenorrhoea are one of the important symptoms of the ovarian dysfunction. This symptom is also feature of the polycystic ovarian syndrome (PCOS). PCOS is a most prevalent endocrinopathy which affects 7-10% of women of reproductive age³. The prevalence⁴ of oligomenorrhea among general population is 13.5%. It is very much common in young girls. If we go in the depth of the problem it is result of various hormonal disturbances at various levels. Hormonal disturbances are fairly common in current era due to life style and circadian rhythm disturbances. In this way haphazard life style can be considered as root cause of aartava dusti specially aartava kshaya. Life-style management along with diet and exercise can play a key role in the correction of aartava kshaya as well as hormonal level. In the Samprapti of Aartava Kshaya the Doshas⁵- Vata & Kapha obstruct the passage or orifices of channels carrying Aartava thus aartava is destroyed. Though aartava is not discharged regular in every month.

In modern the treatment is only hormonal supplement which shows many

side effect like weight gain, cyst in reproductive organ and unwanted hair growth etc.

The treatment advised for Aartava Kshaya includes Samshodhana therapy and Aagneya drugs by Aacharya Sushruta⁶. In Sharir Sthana Aacharya Sushruta prescribed Kulattha as the treatment of Aartava Kshaya⁷

According to Ayurveda principle katu (Pungent), ushna and tikshana aahara dravya are advised as pathya in aartava kshaya. Among those kulattha will be taken as aahara dravya in the form of yusha kalpana for treatment of Aartava kshaya. Kulattha is easily available and its yusha kalpana is palatable and easily adaptable to the patient.

Aim of Study:

To establish the Ayurveda principle as a remedy of aartava kshaya.

CASE REPORT

This is single case study of 22 years female (OPD Reg. No. 20027092019) suffering from scanty (only 2days bleeding and 5pads/cycle, pads are not fully soaked) and irregular menses (50 days interval between two cycles) for 1 year. She had associated complaints of severe abdominal pain during menses and hirsutism. Patient's thyroid function was sub clinically disturbed.

Hence she visited to the allopathic hospital and started hormonal treatment. Patient took medication regularly from 1 years but the symptoms didn't get subsided. Hence patient came for the Ayurveda treatment and visited Stri-Prasuti OPD, NIA, Jaipur. There was no any significant past history of HTN (Hypertension), DM (Diabetes mellitus)

Astavidha Pariksha [Table No. 1] and systemic examination [Table No. 2] was done.

Table No. 1: Astavidha Pariksha

Nadi	75 bpm
Mutra	Samyaka
Mala	Nirama
Jivha	Nirama
Shabda	Spasta
Sparsha	Samshitoshna
Drik	Spasta
Akriti	Madhyam

Table No. 2: Systemic examination

Blood Pressure	130/80
Temperature	Afebrile
Pulse	75 bpm
Respiratory Rate	18/min.
Weight	55 kg
Height	5'9"
Sleep	Sound

Investigation-

Hematological & Urine investigation was within normal limit and TSH level is 3.54 μ IU/mL. The case was diagnosed as Aartava Kshaya (oligomenorrhea) on the basis of sign and symptoms and sonography shows PCOD. Patient was

treated at OPD level, Stri-Prasuti department of NIA. The treatment was given according to Ayurveda principles.

Intervention-

1. Patients was advised to take kulattha beans according to her agni bala 40gm and take sixteen part of water (approx.450-500ml)8. Boiled it into open pot till reducing half of water.
 2. Properly mess beans into water and sieve it.
 3. Add sandhav lavan according to taste and 1/4 tsf ghee (to overcome extra warmth of kulattha and other complication).
 4. Patient is advised to take it before food once in a day.
 5. After that eat food when feel hungry.
 - Don't take yusha during menses
 - Yusha was given before food starting from 7th day of menses.
- The same procedure will be repeated in next cycle also.

Follow up of the patient was done after menstruation of taking yusha kalpana.

Assessment

Assessment was done before and after first menstruation after the treatment. Both subjective as well as clinical improvements were employed for the assessment of the impact of the medicine. All symptoms which were selected for assessment, their improvements were

thoroughly examined and the severity of each of them was rated before and after the trial. Grading was done for the assessment [Table no. 3]. Patient was assessed from following criteria. [Table No. 4].

Table No. 3: Grading for assessment:

Interval of menstruation	Gradation
21-35 days	0
35 to 39 days	1
40 to 45 days	2
> 45 days	3

Duration of menstrual blood	Gradation
> 3 days	0
3 days	1
2 days	2
1 day	3

Amount of menstrual blood	Gradation
> 5 pads/cycle	0
>3-5 pads/cycle	1
>1-3 pads/cycle	2

Pain during menstruation	Gradation
No pain	0
Mild pain	1
Moderate pain	2
Severe pain	3

Table No. 4: Assessment before and after treatment by grading:

S. N.	Symptoms	BT	AT
1.	Interval of menstruation	3	1
2.	Duration of menstrual blood	2	0
3.	Amount of menstrual blood	0	0
4.	Pain during menstruation	3	1

Nidana Privarjan and Prakriti vighata:

According to Ayurveda Nidana privarjana is Chikitsa⁹. By following this principle a written routine dincharya of patient was taken by patient in her own handwriting and correct the dincharya of patient according to Ayurveda principle. Patient was also advised to avoid diwasayana, Ratrijagran, Tea/coffee and do exercise regular and not to take junk food and abhishyandi aahara dravya like dadhi, prickle, white flour products and dairy products.

Discussion

In Ayurveda, Kulattha property¹⁰ are described as madhura and kashaya rasa, ushna veerya, vidhahi and are used to cure Kapha and vata diseases and Aartava kshaya also considered as Vata-Kaphaja disease so kulattha works on aartava kshaya.

Kulattha has been proven for diuretic property¹¹ and this function done by Apana vayu in Ayurveda. So kulattha may be corrected apana vayu functions and aartava excretion¹² done by Apana vayu. It proved that kulattha regularize the menstruation by correcting the apana vayu function.

Due to ushna veerya property kulattha increases pitta and rakta so it increases the quantity of aartava.

Table No. 5: Assessment before and after treatment by detailed History:

S. N	Symptoms	BT	AT
1.	Interval of menstruation	50 days	35-37 days
2.	Duration of menstrual blood	2 days	4-5 days
3.	Amount of menstrual blood	0	0
4.	Pain during menstruation	Severe	Mild

CONCLUSION

In overall assessment it was found that Kulattha Yusha have beneficial role for the management of Aartava kshaya (Oligomenorrhea).

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